

Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Way to Grow, Minneapolis: Way to Grow, Minneapolis

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Goal: Empower, motivate and support pregnant women and mothers of new born infants to achieve healthy birth outcomes, foster positive child development and move out of poverty

For the period/quarter: October 1-December 31st 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	<ul style="list-style-type: none"> Hiring, training of staff, staff assessment and all administrative duties Day to day operations of project and staff Managing caseloads of Family Educators Change and updating forms to track staff time spent on grant Tracking and analyzing data Reports to Funders 		<ul style="list-style-type: none"> Change and update forms to track goals of the grant Change and updating administrative forms to track staff time spent on grant (timesheets, mileage) Managing caseloads of families participating in the program 1:1's with Family Educators working with MDH families Providing updates at all staff meeting in regards to progress of the grant Tracking and analyzing data of grant progress Communications with MDH contact regarding questions or update information. 	
Outreach	<ul style="list-style-type: none"> Community education and contact activities Outreach efforts to increase capacity 		In the second quarter Family Educators recruited over 25 potential MDH families. There were a number of locations where we conducted recruitment in October, November, and December including: Tapestry Resource Center, weekly outreach at WIC, North Point Health and Wellness Clinic, North Point Human	

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			Services, Broadway Family Medicine Clinic and MN Internship Alternative School.	
Case Management Services	Minnesota Visiting Nurse Agency visits to pregnant women Contract with Minnesota Visiting Nurse agency to provide home visits to pregnant Mothers including public health nursing services, prenatal health assessments, maternal resources and in home nurse Visits	30	<p>In the second quarter Way to Grow referred 15 pregnant mothers to MVNA this quarter. There are several reasons for our lower number including:</p> <ul style="list-style-type: none"> • The original goal number was based on the number of pregnant mothers in our program at this time last year. We are currently seeing a reduction of pregnant women in the community and as such our numbers served are lower. • Since last quarter, several women have given birth and have transitioned from prenatal to infant and new parent programming. • Some participants who have had previous pregnancies and previous MVNA assessments feel that they do not need MVNA services. They feel like they have the acquired knowledge and experience of being pregnant and having a newborn so they refuse the service. • Referrals to MVNA increase and decrease over the course of the year, however we hope to reach more pregnant mothers in Q3. We have developed new strategies to recruit more pregnant women, including weekly recruitment at WIC and Tapestry and Family Educators discuss MVNA services with pregnant participants. They also share the PHN assessment process and the benefits of the visit. Some agency partners send referrals to MVNA and WTG and we complete a secondary referral to ensure families are connected. 	15

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	Home visiting program Provide Home visiting services to Way to Grow focusing on pregnancy and parenting education and support	400	During the second quarter, Way to Grow provided 550 home visits to pregnant and/or parents with children up to twelve months. Home visits with these families focus on pregnancy, parenting and health education, as well as connection to resources for support.	550
	Connection to community resources and follow up Connection to community resources Resource Advocates and Family Educators provide and follow up on referrals to: Housing, food, health care, clothing, ESL classes and employment and other basic needs. Follow up to make sure connection to service was made. Provide direct assistance with paperwork as necessary. Transportation if needed. Translation services if needed.	80	During the second quarter Family Educators and Resource Advocates provided 91 community resources to MDH participants. Way to Grow follows up with each of these families to be sure a connection was made. Providing basic needs resources to our families helps stabilize the home and leads to a greater opportunity for children to learn. Family Educators provide translation and/or transportation when necessary.	91
Childcare Assistance	Provide child care to parents who attend Way to Grow groups and classes when necessary	15	In the second quarter, Way to Grow provided 38 parents with childcare support. We know that childcare can be a barrier for many of our families and as such, we provide childcare and transportation for most of our group meetings and events. We believe that providing these services increases participation in our educational groups and events, and increases knowledge and the long-term health of our families	38

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Crib Distribution/ Sleep Safety Education	Provide education on safe sleep during home visits	160	In the second quarter, Way to Grow Family Educators provided 238 home visits focusing on safe sleep education. Family Educators continued to utilize educational flyers and DVD's developed by the Eunice Kennedy Shriver National Institute of Child Health and Human Development. Additionally, Way to Grow continued to receive Pack n' Plays from Cradle of Hope on a monthly basis for distribution to our families. We also utilized the Sleep Baby Safe and Snug books which were donated by MDH. We received 250 in English and 20 in Spanish. Family Educators read the book with the families and left the book for families to review on their own. 75 of these books have been distributed in second quarter.	238
Education Assistance	Referrals to agencies that assist in employee assistance	10	In the second quarter, Way to Grow provided 22 referrals to MDH participants to assist individuals in furthering their education and finding employment. Agencies included: Minneapolis Public Schools Adult Basic Education, Open Door Learning Center, Franklin Learning Center, MNIC, Somali American Education Program and Latino Economic Development Center.	22
Hotline – connection to community resources	Family Support Services – provide resources to Way to Grow and non-Way to Grow families	75	In the second quarter, Way to Grow Family Educators and Resource Advocates provided 91 community resources to both enrolled and non-enrolled that fit the MDH grant criteria. Frequently referred resources included: housing, employment, mental health and education/GED.	91
Interpreter Services	Family Support Services – provide resources to Way to Grow and non-Way to Grow families	250	In the second quarter, Way to Grow Family Educators and Resource Advocates provided 418 interpreter services during home visits, phone calls, groups and classes, and connection to community resources.	418

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Life-Skills Education Program	Dream Tracks - Offers home visiting and monthly education sessions topics include : Career development, resume writing, and other self-sufficiency skill building session	25	In the second quarter, MDH participants in our Dream Tracks program received 45 contacts either through monthly meetings or home visits.	45
	Cooking Matters - Through U of M extension services offers a 6 week cooking class focusing on making healthy meals on a tight budget	15	In the second quarter, Way to Grow did not host any Cooking Matters classes. (Cooking Matters has three six-week classes throughout the year and as a result, numbers will vary each quarter.) We have two Cooking Matters classes and Cooking Matters training scheduled for Q3 and anticipate a significant increase for the next report.	0
	New Parent Group - monthly parenting group for pregnant women or new parents with children up to 12 months of age	25	In the second quarter, there were 36 contacts with MDH participants. Contacts include attending monthly New Parent Group, as well as home visits Note: New Parent Group meets monthly during the school year and breaks each summer. As such, numbers will vary each quarter due to the class or group occurring during the time frame.	36
Material Support	Family Educators provide material support: Baby and maternity clothing, Diapers, Books, Backpacks, Bundles of Love School supplies	75	In the second quarter Way to Grow received or purchased these items for MDH participants: <ul style="list-style-type: none"> • 300 Welcome baby bags (filled with baby items) from Second Stork were donated. They were used as recruitment incentives as well as given to pregnant mothers during home visits. 100 were distributed during the second quarter. • 9 Pack n' Plays were donated by Cradle of Hope and distributed to families. • 18 Bundles of Love were donated and distributed to pregnant mothers and families with newborns. The bundles included 	252 donated items

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			<p>handmade clothing and blankets for newborns.</p> <ul style="list-style-type: none"> • 220 Sleep Baby Safe and Snug Books donated. 75 were distributed in the second quarter. • Little and Company, a strong supporter and funder of Way to Grow, donated six boxes of diapers for newborns as well as other newborn supplies; these were given out to MDH participants during the second quarter. (Approximately 50 donated items for MDH participants.) • Purchased 8 highchairs and distributed to MDH participants with safety information. • Purchased nine car seats and distributed eight, 8 after a Car Seat class on 10/8/16, taught by a certified Car Seat trainer. One of the participants did not show up for the class, 	
Mental Health	Family Support Services provide Mental Health resourced to Way to Grow and non-Way to Grow families	5	In the second quarter, Way to Grow Family Educators and Resources Advocates increased the number of Mental Health resources to MDH participants from 14 in the first quarter to 38 in the second quarter. Agencies include: Tapestry, Pregnancy and Postpartum Support Minnesota and North Point Health and Wellness Center.	38
Nutrition	<ul style="list-style-type: none"> • Cooking Matters: Through University of Minnesota Extension Services; a six-week cooking class focusing on making healthy meals on a tight budget • Nutrition Events: 2-3 events on an annual basis; nutrition education tables, healthy food demonstrations • Home visits: focused on 	300	<p>In the second quarter, 550 MDH participants received nutrition education during home visits. Nutrition and health are an essential part of our curriculum for the entire family including parents and children prenatal through age eight</p> <p>Way to Grow has worked extremely hard to increase the number of home visits, groups and events that emphasize the importance of health at all ages.</p>	550

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	activities to support healthy birth outcome and care for their babies after birth <ul style="list-style-type: none"> • Transportation provided to prenatal visits when necessary 			
Parenting Education	Parent Education on home visits, at monthly New Parent Group meetings, and monthly Dream Tracks meetings.	400	In the second quarter, Way to Grow Family Educators provided 550 parent education contacts during home visits, the New Parent Groups and monthly Dream Tracks meetings.	550
Pregnancy Testing	Pregnancy Education on home visits	180	In the second quarter, Family Educators provided pregnancy education on 165 visits. Topics included: importance of attending prenatal visits, birth plan, appropriate weight gain, breast feeding, and bonding and attachment. We are below our goal as the number of pregnant mothers served decreased this quarter.	165
Provide Necessary Services to all clients	<ul style="list-style-type: none"> • Provide intake assessment to determine need. • Provide women with information on, referral to and assistance with Pregnancy services. • Utilize resource database to provide information and make referrals. 	40	In the second quarter, Way to Grow did 50 intake assessments with new MDH families to determine need and services that would best fit their family situation. During visits, Family Educators provided appropriate education, as well as referrals to and assistance with pregnancy services. For example, if a pregnant mother does not have doctor or clinic, Way to Grow assists and supports her as she finds a medical home.	50

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Transportation	Provide taxis and bus tokens for classes, events and prenatal care	25	During the second quarter, Way to Grow provided 38 taxis to MDH participants to get them to and from prenatal appointments, as well as to attend Way to Grow classes, groups meetings, and events	38

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	8
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	19
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	164
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	164
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	9
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	76

Challenges:

Some of our services goals in the grant have fluctuations based on the quarter. Some of these services are the groups and classes (which I noted in the original work plan).

Way to Grow also sees fluctuations in our MVNA referrals. Referrals to MVNA are heavily dependent upon how many pregnant women we recruit in one quarter that remain with the program.

Some participants who have had previous pregnancies and previous MVNA assessments feel that they do not need MVNA services. They feel like they have the acquired knowledge and experience of being pregnant and having a newborn so they refuse the service.

Referrals to MVNA increase and decrease over the course of the year, however we hope to reach more pregnant mothers in Q3. We have developed new strategies to recruit more pregnant women, including weekly recruitment at WIC and Tapestry and Family Educators discuss MVNA services with pregnant participants. They also share the PHN assessment process and the benefits of the visit. Some agency partners send referrals to MVNA and WTG and we complete a secondary referral to ensure families are connected.

Comments: